

## Diastasis Rectus Reduction

### Starting Position

- Wrap a sheet around your waist so that the ends cross across the top of your stomach
- Lay back with legs bent

### Exercise

- Pull ends of sheet across body
- Raise head and look at your feet

AVOID excessive strain on neck.



Hold 3 seconds

Do 20 repetitions

Do 1 sets

Do 2 session(s) a day

## Plank

While lying face down, lift your body up on your elbows and toes. Try and maintain a straight spine. Do not allow your hips or pelvis on either side to drop.

Hold 10 seconds

Do 5 repetitions

Do 1 sets

Do 2 session(s) a day

